

# Resultater fra Sommerløp5- Heggmoen 07.08.2007

Det var totalt 35 deltagere.

## Klasse 2km 2,1 km

11 påmeldt, 11 startende

1	Marit Johnsen		B&OI		(10,18min/km)		<b>21:23</b>	
	5:14 (3)	8:46 (3)	11:42 (3)	15:23 (1)	17:28 (1)	20:21 (1)	21:23 (1)	
	5:14/52	3:32/40	2:56/54	3:41/55	2:05/56	2:53/57	1:02/150	
	+0:52 (3)	+0:14 (2)	+0:22 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:10 (3)	
2	Daniel Lagesen		IL Munin		(12,92min/km)		<b>27:08</b>	(+5:45)
	4:22 (1)	7:54 (2)	10:28 (1)	17:05 (3)	21:52 (3)	26:12 (3)	27:08 (2)	
	4:22/52	3:32/40	2:34/54	6:37/55	4:47/56	4:20/57	0:56/150	
	+0:00 (1)	+0:14 (2)	+0:00 (1)	+2:56 (7)	+2:42 (9)	+1:27 (5)	+0:04 (2)	
3	Asbjørn Pedersen		IL Siso		(13,02min/km)		<b>27:21</b>	(+5:58)
	4:33 (2)	7:51 (1)	11:12 (2)	15:42 (2)	18:08 (2)	22:37 (2)	27:21 (3)	
	4:33/52	3:18/40	3:21/54	4:30/55	2:26/56	4:29/57	4:44/150	
	+0:11 (2)	+0:00 (1)	+0:47 (5)	+0:49 (4)	+0:21 (2)	+1:36 (6)	+3:52 (10)	
4	Frode Ikdahl		B&OI		(14,35min/km)		<b>30:08</b>	(+8:45)
	6:23 (4)	10:56 (4)	18:27 (7)	22:44 (7)	25:24 (6)	28:56 (4)	30:08 (4)	
	6:23/52	4:33/40	7:31/54	4:17/55	2:40/56	3:32/57	1:12/150	
	+2:01 (4)	+1:15 (8)	+4:57 (8)	+0:36 (2)	+0:35 (3)	+0:39 (2)	+0:20 (5)	
5	Mari E Reitan		B&OI		(14,56min/km)		<b>30:35</b>	(+9:12)
	9:16 (10)	13:28 (10)	16:34 (5)	22:12 (6)	25:28 (7)	29:31 (5)	30:35 (5)	
	9:16/52	4:12/40	3:06/54	5:38/55	3:16/56	4:03/57	1:04/150	
	+4:54 (10)	+0:54 (6)	+0:32 (3)	+1:57 (6)	+1:11 (5)	+1:10 (4)	+0:12 (4)	
6	Elin Irgens		B&OI		(15,03min/km)		<b>31:34</b>	(+10:11)
	7:15 (5)	11:27 (5)	14:45 (4)	22:04 (5)	24:47 (4)	30:11 (6)	31:34 (6)	
	7:15/52	4:12/40	3:18/54	7:19/55	2:43/56	5:24/57	1:23/150	
	+2:53 (5)	+0:54 (6)	+0:44 (4)	+3:38 (9)	+0:38 (4)	+2:31 (8)	+0:31 (6)	
7	Karen Bjørseth		B&OI		(16,50min/km)		<b>34:39</b>	(+13:16)
	8:00 (7)	12:01 (6)	16:34 (5)	21:54 (4)	25:21 (5)	33:07 (7)	34:39 (7)	
	8:00/52	4:01/40	4:33/54	5:20/55	3:27/56	7:46/57	1:32/150	
	+3:38 (7)	+0:43 (4)	+1:59 (6)	+1:39 (5)	+1:22 (6)	+4:53 (10)	+0:40 (7)	
8	Håvard Irgens		B&OI		(17,33min/km)		<b>36:23</b>	(+15:00)
	8:06 (8)	12:48 (9)	22:41 (9)	26:58 (9)	31:35 (9)	35:31 (8)	36:23 (8)	
	8:06/52	4:42/40	9:53/54	4:17/55	4:37/56	3:56/57	0:52/150	
	+3:44 (8)	+1:24 (9)	+7:19 (9)	+0:36 (2)	+2:32 (8)	+1:03 (3)	+0:00 (1)	
9	Arnold Danielsen		B&OI		(18,58min/km)		<b>39:01</b>	(+17:38)
	7:49 (6)	12:34 (7)	19:35 (8)	26:42 (8)	31:18 (8)	36:55 (9)	39:01 (9)	
	7:49/52	4:45/40	7:01/54	7:07/55	4:36/56	5:37/57	2:06/150	
	+3:27 (6)	+1:27 (10)	+4:27 (7)	+3:26 (8)	+2:31 (7)	+2:44 (9)	+1:14 (9)	
10	Hilma Øverås		B&OI		(22,96min/km)		<b>48:13</b>	(+26:50)
	8:31 (9)	12:38 (8)	26:57 (10)	36:29 (10)	41:37 (10)	46:24 (10)	48:13 (10)	
	8:31/52	4:07/40	14:19/54	9:32/55	5:08/56	4:47/57	1:49/150	
	+4:09 (9)	+0:49 (5)	+11:45 (10)	+5:51 (10)	+3:03 (10)	+1:54 (7)	+0:57 (8)	
	Anne Berit Vikhals		B&OI		(0,00min/km)		<b>Brutt</b>	
	(1)	(1)	(1)	(1)	(1)	(1)	(1)	
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	

## Klasse 4km 3,9 km

24 påmeldt, 24 startende

1	Lars Reitan		B&OI		(7,03min/km)		<b>27:25</b>	
	3:19 (4)	6:03 (2)	10:01 (1)	12:51 (1)	16:38 (1)	19:51 (1)	22:39 (1)	24:30 (1)
	3:19/40	2:44/42	3:58/50	2:50/51	3:47/52	3:13/54	2:48/55	1:51/56
	+0:35 (4)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:04 (2)	+0:00 (1)	+0:09 (3)
							+0:00 (1)	+0:00 (1)
2	Jon Inge Breem		Ukjent		(8,03min/km)		<b>31:20</b>	(+3:55)
	3:19 (4)	7:07 (4)	11:06 (3)	14:21 (2)	18:59 (2)	22:25 (3)	25:43 (2)	27:48 (2)
							30:15 (2)	31:20 (2)

	3:19/40	3:48/42	3:59/50	3:15/51	4:38/52	3:26/54	3:18/55	2:05/56	2:27/57	1:05/150
	+0:35 (4)	+1:04 (7)	+0:01 (2)	+0:25 (4)	+0:51 (4)	+0:17 (4)	+0:30 (2)	+0:23 (6)	+0:20 (3)	+0:17 (7)
<b>3</b>	<b>Lars Petter Rekkedal</b>			<b>B&amp;OI</b>			<b>(8,59min/km)</b>		<b>33:31</b>	<b>(+6:06)</b>
	2:44 (1)	6:25 (3)	12:20 (6)	15:48 (5)	20:40 (4)	25:01 (4)	28:41 (4)	30:23 (4)	32:35 (3)	33:31 (3)
	2:44/40	3:41/42	5:55/50	3:28/51	4:52/52	4:21/54	3:40/55	1:42/56	2:12/57	0:56/150
	+0:00 (1)	+0:57 (5)	+1:57 (11)	+0:38 (5)	+1:05 (6)	+1:12 (12)	+0:52 (5)	+0:00 (1)	+0:05 (2)	+0:08 (3)
<b>4</b>	<b>Tore Jakola</b>			<b>B&amp;OI</b>			<b>(8,96min/km)</b>		<b>34:57</b>	<b>(+7:32)</b>
	2:47 (2)	5:58 (1)	10:05 (2)	16:57 (6)	22:06 (5)	25:32 (5)	29:04 (5)	30:48 (5)	33:45 (4)	34:57 (4)
	2:47/40	3:11/42	4:07/50	6:52/51	5:09/52	3:26/54	3:32/55	1:44/56	2:57/57	1:12/150
	+0:03 (2)	+0:27 (2)	+0:09 (3)	+4:02 (22)	+1:22 (8)	+0:17 (4)	+0:44 (3)	+0:02 (2)	+0:50 (8)	+0:24 (8)
<b>5</b>	<b>Per Rekkedal</b>			<b>B&amp;OI</b>			<b>(9,07min/km)</b>		<b>35:22</b>	<b>(+7:57)</b>
	4:02 (12)	7:32 (6)	11:58 (4)	15:03 (3)	19:05 (3)	22:14 (2)	25:59 (3)	27:55 (3)	34:33 (5)	35:22 (5)
	4:02/40	3:30/42	4:26/50	3:05/51	4:02/52	3:09/54	3:45/55	1:56/56	6:38/57	0:49/150
	+1:18 (12)	+0:46 (4)	+0:28 (4)	+0:15 (2)	+0:15 (2)	+0:00 (1)	+0:57 (6)	+0:14 (4)	+4:31 (23)	+0:01 (2)
<b>6</b>	<b>Torkel Irgens</b>			<b>B&amp;OI</b>			<b>(9,29min/km)</b>		<b>36:13</b>	<b>(+8:48)</b>
	3:59 (9)	7:22 (5)	12:06 (5)	15:20 (4)	23:33 (9)	26:50 (8)	30:27 (6)	32:41 (6)	35:14 (6)	36:13 (6)
	3:59/40	3:23/42	4:44/50	3:14/51	8:13/52	3:17/54	3:37/55	2:14/56	2:33/57	0:59/150
	+1:15 (9)	+0:39 (3)	+0:46 (5)	+0:24 (3)	+4:26 (20)	+0:08 (3)	+0:49 (4)	+0:32 (7)	+0:26 (4)	+0:11 (4)
<b>7</b>	<b>Randi Mohus</b>			<b>B&amp;OI</b>			<b>(9,66min/km)</b>		<b>37:40</b>	<b>(+10:15)</b>
	4:01 (10)	8:02 (9)	14:23 (10)	18:28 (9)	23:16 (8)	27:12 (9)	31:03 (9)	33:50 (8)	36:39 (8)	37:40 (7)
	4:01/40	4:01/42	6:21/50	4:05/51	4:48/52	3:56/54	3:51/55	2:47/56	2:49/57	1:01/150
	+1:17 (10)	+1:17 (9)	+2:23 (13)	+1:15 (10)	+1:01 (5)	+0:47 (10)	+1:03 (7)	+1:05 (11)	+0:42 (6)	+0:13 (5)
<b>8</b>	<b>Gunnar Rabben</b>			<b>Valnesfjord IL</b>			<b>(9,76min/km)</b>		<b>38:03</b>	<b>(+10:38)</b>
	4:11 (15)	7:55 (8)	13:34 (7)	18:31 (10)	23:05 (7)	26:44 (7)	31:01 (8)	33:20 (7)	36:00 (7)	38:03 (8)
	4:11/40	3:44/42	5:39/50	4:57/51	4:34/52	3:39/54	4:17/55	2:19/56	2:40/57	2:03/150
	+1:27 (15)	+1:00 (6)	+1:41 (8)	+2:07 (15)	+0:47 (3)	+0:30 (6)	+1:29 (12)	+0:37 (8)	+0:33 (5)	+1:15 (21)
<b>9</b>	<b>Unni Rekkedal</b>			<b>B&amp;OI</b>			<b>(9,83min/km)</b>		<b>38:21</b>	<b>(+10:56)</b>
	3:44 (6)	7:41 (7)	13:34 (7)	17:28 (7)	22:45 (6)	26:34 (6)	30:31 (7)	33:58 (9)	37:00 (9)	38:21 (9)
	3:44/40	3:57/42	5:53/50	3:54/51	5:17/52	3:49/54	3:57/55	3:27/56	3:02/57	1:21/150
	+1:00 (6)	+1:13 (8)	+1:55 (10)	+1:04 (8)	+1:30 (9)	+0:40 (7)	+1:09 (9)	+1:45 (20)	+0:55 (9)	+0:33 (9)
<b>10</b>	<b>Arne Kristian Nordhei</b>			<b>B&amp;OI</b>			<b>(10,70min/km)</b>		<b>41:44</b>	<b>(+14:19)</b>
	3:45 (7)	8:15 (10)	13:53 (9)	18:11 (8)	25:23 (10)	29:37 (10)	34:28 (10)	37:46 (10)	40:41 (10)	41:44 (10)
	3:45/40	4:30/42	5:38/50	4:18/51	7:12/52	4:14/54	4:51/55	3:18/56	2:55/57	1:03/150
	+1:01 (7)	+1:46 (12)	+1:40 (7)	+1:28 (13)	+3:25 (15)	+1:05 (11)	+2:03 (14)	+1:36 (17)	+0:48 (7)	+0:15 (6)
<b>11</b>	<b>Marit W Kure</b>			<b>B&amp;OI</b>			<b>(11,27min/km)</b>		<b>43:57</b>	<b>(+16:32)</b>
	4:01 (10)	11:45 (17)	17:37 (13)	21:45 (12)	28:07 (12)	32:02 (12)	36:02 (11)	38:55 (11)	42:34 (11)	43:57 (11)
	4:01/40	7:44/42	5:52/50	4:08/51	6:22/52	3:55/54	4:00/55	2:53/56	3:39/57	1:23/150
	+1:17 (10)	+5:00 (22)	+1:54 (9)	+1:18 (12)	+2:35 (12)	+0:46 (8)	+1:12 (10)	+1:11 (13)	+1:32 (13)	+0:35 (10)
<b>12</b>	<b>Anders Kure</b>			<b>B&amp;OI</b>			<b>(11,33min/km)</b>		<b>44:11</b>	<b>(+16:46)</b>
	3:07 (3)	12:45 (19)	18:18 (14)	23:17 (14)	28:35 (13)	33:01 (13)	37:27 (12)	39:27 (12)	42:47 (12)	44:11 (12)
	3:07/40	9:38/42	5:33/50	4:59/51	5:18/52	4:26/54	4:26/55	2:00/56	3:20/57	1:24/150
	+0:23 (3)	+6:54 (23)	+1:35 (6)	+2:09 (16)	+1:31 (10)	+1:17 (13)	+1:38 (13)	+0:18 (5)	+1:13 (10)	+0:36 (12)
<b>13</b>	<b>Åge Mohus</b>			<b>B&amp;OI</b>			<b>(12,04min/km)</b>		<b>46:57</b>	<b>(+19:32)</b>
	5:25 (19)	9:54 (14)	19:56 (17)	23:59 (15)	29:25 (15)	34:47 (14)	39:02 (13)	41:59 (13)	45:28 (13)	46:57 (13)
	5:25/40	4:29/42	10:02/50	4:03/51	5:26/52	5:22/54	4:15/55	2:57/56	3:29/57	1:29/150
	+2:41 (19)	+1:45 (11)	+6:04 (22)	+1:13 (9)	+1:39 (11)	+2:13 (18)	+1:27 (11)	+1:15 (14)	+1:22 (11)	+0:41 (13)
<b>14</b>	<b>Øyvind Bjørkås</b>			<b>B&amp;OI</b>			<b>(12,80min/km)</b>		<b>49:55</b>	<b>(+22:30)</b>
	4:27 (17)	9:21 (13)	16:39 (11)	21:52 (13)	28:57 (14)	34:51 (15)	40:38 (14)	43:24 (14)	47:21 (14)	49:55 (14)
	4:27/40	4:54/42	7:18/50	5:13/51	7:05/52	5:54/54	5:47/55	2:46/56	3:57/57	2:34/150
	+1:43 (17)	+2:10 (13)	+3:20 (14)	+2:23 (17)	+3:18 (14)	+2:45 (21)	+2:59 (15)	+1:04 (10)	+1:50 (15)	+1:46 (23)
<b>15</b>	<b>Jens Viggo Limstrand</b>			<b>B&amp;OI</b>			<b>(13,80min/km)</b>		<b>53:49</b>	<b>(+26:24)</b>
	4:12 (16)	8:25 (11)	17:04 (12)	20:42 (11)	25:47 (11)	29:42 (11)	45:45 (16)	48:26 (15)	52:26 (15)	53:49 (15)
	4:12/40	4:13/42	8:39/50	3:38/51	5:05/52	3:55/54	16:03/55	2:41/56	4:00/57	1:23/150
	+1:28 (16)	+1:29 (10)	+4:41 (18)	+0:48 (6)	+1:18 (7)	+0:46 (8)	+13:15 (24)	+0:59 (9)	+1:53 (16)	+0:35 (10)
<b>16</b>	<b>Ragni Stokland</b>			<b>B&amp;OI</b>			<b>(14,15min/km)</b>		<b>55:11</b>	<b>(+27:46)</b>
	4:10 (13)	11:18 (16)	19:02 (15)	25:21 (18)	33:27 (17)	38:54 (18)	44:51 (15)	48:48 (16)	53:16 (16)	55:11 (16)
	4:10/40	7:08/42	7:44/50	6:19/51	8:06/52	5:27/54	5:57/55	3:57/56	4:28/57	1:55/150
	+1:26 (13)	+4:24 (21)	+3:46 (15)	+3:29 (20)	+4:19 (18)	+2:18 (19)	+3:09 (16)	+2:15 (22)	+2:21 (19)	+1:07 (19)

<b>17 Geir Moen</b>	<b>B&amp;OI</b>										<b>(14,20min/km)</b>	<b>55:22</b>	<b>(+27:57)</b>
4:10 (13)	9:20 (12)	21:50 (20)	25:57 (19)	33:40 (18)	38:40 (17)	46:49 (17)	49:39 (17)	53:48 (17)	55:22 (17)				
4:10/40	5:10/42	12:30/50	4:07/51	7:43/52	5:00/54	8:09/55	2:50/56	4:09/57	1:34/150				
+1:26 (13)	+2:26 (15)	+8:32 (24)	+1:17 (11)	+3:56 (16)	+1:51 (14)	+5:21 (20)	+1:08 (12)	+2:02 (17)	+0:46 (14)				
<b>18 Dag Skogan</b>	<b>B&amp;OI</b>										<b>(14,50min/km)</b>	<b>56:34</b>	<b>(+29:09)</b>
4:51 (18)	10:15 (15)	19:18 (16)	26:24 (20)	35:07 (19)	41:06 (20)	47:27 (19)	50:35 (18)	54:44 (18)	56:34 (18)				
4:51/40	5:24/42	9:03/50	7:06/51	8:43/52	5:59/54	6:21/55	3:08/56	4:09/57	1:50/150				
+2:07 (18)	+2:40 (18)	+5:05 (19)	+4:16 (23)	+4:56 (23)	+2:50 (23)	+3:33 (17)	+1:26 (16)	+2:02 (17)	+1:02 (18)				
<b>19 Leif Magne Eggestad</b>	<b>B&amp;OI</b>										<b>(14,82min/km)</b>	<b>57:47</b>	<b>(+30:22)</b>
3:51 (8)	14:32 (21)	20:33 (19)	24:24 (16)	32:41 (16)	38:10 (16)	47:13 (18)	52:01 (19)	55:51 (19)	57:47 (19)				
3:51/40	10:41/42	6:01/50	3:51/51	8:17/52	5:29/54	9:03/55	4:48/56	3:50/57	1:56/150				
+1:07 (8)	+7:57 (24)	+2:03 (12)	+1:01 (7)	+4:30 (21)	+2:20 (20)	+6:15 (21)	+3:06 (24)	+1:43 (14)	+1:08 (20)				
<b>20 Odd Søvik</b>	<b>B&amp;OI</b>										<b>(15,77min/km)</b>	<b>1:01:30</b>	<b>(+34:05)</b>
6:45 (20)	11:53 (18)	20:29 (18)	25:08 (17)	35:20 (20)	40:25 (19)	49:36 (20)	52:43 (20)	59:49 (21)	1:01:30 (20)				
6:45/40	5:08/42	8:36/50	4:39/51	10:12/52	5:05/54	9:11/55	3:07/56	7:06/57	1:41/150				
+4:01 (20)	+2:24 (14)	+4:38 (17)	+1:49 (14)	+6:25 (24)	+1:56 (17)	+6:23 (22)	+1:25 (15)	+4:59 (24)	+0:53 (17)				
<b>21 Katrine Kalvig</b>	<b>B&amp;OI</b>										<b>(15,83min/km)</b>	<b>1:01:45</b>	<b>(+34:20)</b>
7:29 (21)	13:14 (20)	23:15 (21)	29:39 (21)	37:38 (21)	43:36 (21)	50:23 (21)	53:41 (21)	59:37 (20)	1:01:45 (21)				
7:29/40	5:45/42	10:01/50	6:24/51	7:59/52	5:58/54	6:47/55	3:18/56	5:56/57	2:08/150				
+4:45 (21)	+3:01 (20)	+6:03 (21)	+3:34 (21)	+4:12 (17)	+2:49 (22)	+3:59 (18)	+1:36 (17)	+3:49 (22)	+1:20 (22)				
<b>22 Anita Eriksen</b>	<b>B&amp;OI</b>										<b>(18,59min/km)</b>	<b>1:12:29</b>	<b>(+45:04)</b>
27:11 (24)	32:25 (24)	43:06 (24)	48:33 (24)	54:56 (24)	59:59 (24)	1:03:54 (24)	1:07:16 (24)	1:10:49 (23)	1:12:29 (22)				
27:11/40	5:14/42	10:41/50	5:27/51	6:23/52	5:03/54	3:55/55	3:22/56	3:33/57	1:40/150				
+24:27 (24)	+2:30 (17)	+6:43 (23)	+2:37 (18)	+2:36 (13)	+1:54 (16)	+1:07 (8)	+1:40 (19)	+1:26 (12)	+0:52 (16)				
<b>23 Arne Faaren</b>	<b>Ukjent</b>										<b>(18,63min/km)</b>	<b>1:12:40</b>	<b>(+45:15)</b>
18:36 (23)	24:07 (23)	33:39 (23)	39:13 (23)	47:39 (23)	53:38 (23)	1:01:35 (23)	1:05:43 (23)	1:11:03 (24)	1:12:40 (23)				
18:36/40	5:31/42	9:32/50	5:34/51	8:26/52	5:59/54	7:57/55	4:08/56	5:20/57	1:37/150				
+15:52 (23)	+2:47 (19)	+5:34 (20)	+2:44 (19)	+4:39 (22)	+2:50 (23)	+5:09 (19)	+2:26 (23)	+3:13 (21)	+0:49 (15)				
<b>24 Jan Øverås</b>	<b>B&amp;OI</b>										<b>(19,33min/km)</b>	<b>1:15:24</b>	<b>(+47:59)</b>
16:24 (22)	21:37 (22)	29:54 (22)	38:22 (22)	46:29 (22)	51:29 (22)	1:01:27 (22)	1:05:12 (22)	1:10:11 (22)	1:15:24 (24)				
16:24/40	5:13/42	8:17/50	8:28/51	8:07/52	5:00/54	9:58/55	3:45/56	4:59/57	5:13/150				
+13:40 (22)	+2:29 (16)	+4:19 (16)	+5:38 (24)	+4:20 (19)	+1:51 (14)	+7:10 (23)	+2:03 (21)	+2:52 (20)	+4:25 (24)				